



HIGHLIGHTS

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Office Closed Monday, February 21st for President's Day

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STOW COUNCIL ON AGING

Pompositticut Community Center • 509 Great Rd. Stow, MA 01775

Hours: Monday – Friday 8 am – 3:30 pm

E-mail: coa@stow-ma.gov

Tel. # 978-897-1880

Council on Aging Staff

Alyson Toole, Executive Director
Martha Shea, Outreach Coordinator
Kathleen Surdan, Outreach Worker
Gigi Lengieza, Transportation/Volunteer
Coordinator and Office Manager
Dave Ashman, FT Van Driver/Dispatch
Chris Schuch, PT Van Driver
Jamie Moulton, On call Van Driver

COA BOARD MEMBERS

William Byron, Chair
Ruth Delmonico, Secretary
Charlie Aaronson, Member
Jeanne Genereux, Member
Susan Matatia, Member
Kathy O'Brien, Member
Susan Pauley, Member
Al Arthur, Associate
Brian Burke, Associate
Michelle Fuller, Associate
Rep. Kate Hogan, Associate
Jessica Moriarty, Associate
June Thall, Associate

**COA BOARD
MEETINGS
MONTHLY 2ND
THURSDAY
AT 10 AM
VIA ZOOM**

Website: www.stow-ma.gov

Fax # 978-897-0486

Mission Statement

The Town of Stow Council on Aging is here to provide support to those age 60+, by being a resource of information on elder affairs, providing social activities, outreach services, and helping people remain in their homes as long as safely possible.



SUGGESTIONS WELCOME!

There is a suggestion box in the lobby of the Pompositticut Community Center.

Transportation Services

Our Transportation Policy is available on our website. Specific questions regarding transportation services should be directed to the Transportation Coordinator at 978-897-1880 between 8 am and 12 pm Monday through Friday. More information on page 4. Important policy items are highlighted below:

- All passengers are required to wear masks at all times while riding on the van.
- We provide van service to Stow residents 60+ and those with disabilities.
- **All van reservations must be made by calling the COA between 8 am and NOON at least 24 business hours in advance and speaking with the Transportation Coordinator (do not leave a voice mail message).** For example, a ride for Monday must be booked by noon on Friday.
- Pick-ups start at 8:30 am, with the last pick-up to return home no later than 2:30 pm weekdays.
- Our service area (originating from Stow) is Acton, Bolton, Boxboro, Harvard, Hudson, and Maynard. Transportation for medical appointments is provided to Concord, Marlboro and Sudbury.
- Clients must be able to see or hear the van when it arrives and should be ready 15 minutes before the estimated pick-up time.
- Individual non-medical trips will be scheduled around medical appointments.
- VAN FARE: Stow only: \$2; Out-of-Stow: \$3 Meal site, Food Pantry, COA Office: FREE.

The Town of Stow would like to minimize cash transactions. When at all possible, we prefer that you pay by check payable to the Town of Stow. These payments can be given to the driver daily, weekly, or monthly. If you feel you have difficulty paying this fee, please contact a member of the COA Outreach staff for a confidential discussion.

- Volunteers may be available for **medical appointments** outside of service area/business hours. **Advanced Notice - One week minimum required!**
- “Go Stow” – third party ride is available for eligible residents to medical appointments. Some restrictions apply. Reservations must be made 48 hours in advance by calling the COA (978) 897-1880, Mon. – Fri. between 8 and 12 noon. See more details on page 4 regarding this taxi service.



RULES FOR COA IN-PERSON CLASSES

- Pre-registration required. Signup starting on the 15th of the month for the following month; online at <https://myactivecenter.com>, in person or by calling the COA at (978) 897-1880.
- No drop-ins. Attendance is limited.
- Stow residents only for in-person classes. Non-Stow residents virtual if space.
- All classes with a fee must be paid in advance.
- Masks must be worn at all times in the building. No refreshments.

Exercise Classes - SOME NOW OFFERED IN-PERSON!

Qigong: In Person and Via Zoom! FREE. Instructor: Carolyn McDonald, Mondays, 8:50 am. Come join us for gentle movements that help with balance, breathing and energy. The Qi Gong exercises support a self-healing process through relaxation and the reduction of stress in mind and body.

Senior Fitness: In-Person only! CLASS FEE: \$3. Instructor: Terri Zaborowski, Mon., Wed., Fri., 10 am. Have fun as you move to the music with this safe, heart-healthy class which uses low-impact movements. Then work on building your muscle strength and flexibility with exercises using handheld weights in both standing and seated positions. Finish with a 5-10 minute full body stretch and relaxation segment. Please bring a set of weights.

Stretch & Flex: In-Person only! CLASS FEE: \$3. Instructor Terri Zaborowski, Mon., Wed., Fri., 1:30 pm. This class is designed to help seniors maintain strength, flexibility, and independence with both standing and seated exercises using resistance bands (provided by the COA). Start with a warm-up to music moving the body and joints through their full range of motion without resistance. Proceed to strengthen the muscles using resistance bands with various upper and lower body exercises. Finish with a relaxation and full body stretch segment designed to lower the heart rate, relieve stress, increase flexibility, and leave feeling great! Entire class is done seated or standing. The first stretch band will be given to participants. Replacement bands will cost \$5.

Yoga: In-Person and Via Zoom! CLASS FEE: \$3. Instructor: Terry Kessel Myers Coney, Fri. 8:50 am. A gentle modified yoga class incorporating breath, posture, and movement to relax and open the flow of energy in the body. The class begins with gentle warm-ups, continues with postures or asanas, of which many are done sitting on or using chairs for support, and ends with a guided relaxation.

Zumba Gold: In-Person and Via Zoom! CLASS FEE: \$3. Offered twice a week at 9 am. **Tuesdays**, led by Donna Johnson - Zumba Gold® is an easy-to-follow program that lets you move to the beat of fun, energizing music, but at your own speed. The instructor will facilitate this by providing examples of lower and higher intensity variations on the movements so that active seniors at a variety of fitness levels can get a good AND safe workout. Zumba Gold® has been shown to improve cardiovascular and muscular endurance, range of motion, posture, and balance. And it's fun! **Thursdays**, led by Yachun Lin - Zumba Gold® is a party like dance fitness program with music from around the world. It is gentle to the joints and easy to follow. Class will focus on building cardiovascular health, balance, coordination, and flexibility. **No class 2/24**

CREATIVITY CLASSES

Art Class (Open Studio): Mondays, 9:30 - 12 Noon, FREE, All levels welcome.

Quilting Class: Tuesdays, 9 - 12 Noon, FREE, All levels welcome.

Projects For Purpose: Wednesdays, 9 - 12 Noon, FREE, All levels welcome.



NEED FINANCIAL HELP HEATING YOUR HOME? FUEL ASSISTANCE IS AVAILABLE

Applications are by appointment at the Council on Aging. Call Kathleen at (978) 897-1880. This program is for low-income households, and documentation of eligibility is required.

AARP TAX ASSISTANCE UPDATE TAX TIME IS HERE!

Jim Brown is continuing to volunteer his services to assist with State and Federal Tax Preparation for **low-income Stow taxpayers over 50**. Don't file returns anymore? You may qualify for the **Massachusetts Senior Circuit Breaker Tax Credit**. It is a refundable credit for senior citizens based on the real estate taxes paid on Massachusetts property owned/rented and used as the primary residence. The maximum credit amount for Tax year 2021 is \$1,170.

Appointments are available on Monday through Friday from 9:30 am – 2:30 pm starting on February 14th until April 15th. You will need to make two appointments at least a week apart, one to drop off your tax materials and answer questions and the other to review your tax return, ask questions and sign. You will be able to come into the building by appointment only, Covid screening and a mask is required. Call the COA (978) 897-1880 to book your appointments. You must complete a form ahead of time and bring it with you to your first appointment. Stow residents only.

FREE TAXI RIDE PROGRAM FOR ELIGIBLE STOW RESIDENTS FOR MEDICAL APPOINTMENTS

You must meet eligibility requirements. Reservations must be made 48 hours in advance. Visit: tinyurl.com/gostowtaxi or call Gigi Lengieza, COA Transportation Coordinator, at 978-897-1880 x28 between 8 am - 12 noon for more info.

COA FREE FOOD PROGRAM FOR STOW RESIDENTS

Residents must call the COA at (978) 897-1880 between 10-11 am Monday through Friday to schedule same day appointments between 10:30 – 12 Noon. No appointments necessary from 12 Noon to 3:30 pm. Don't come late on Fridays as all perishables are packed up and given away by 3 pm. Note: The food program will be closed the mornings of February 9-11. Stow residents who may find that a hardship may call the COA.

OUTREACH SERVICES AVAILABLE

Information and Referrals, Home Care Options, Advocacy, Food, Fuel Assistance and much more! Call the COA at (978) 897-1880 and ask to speak with Outreach staff to book your appointment.

IS TECHNOLOGY DRIVING YOU CRAZY?

Call the COA and speak with Outreach who will find a volunteer for you.

SAVE \$1,500 ON YOUR REAL ESTATE TAXES!

Check out the fact sheet on the Town website or at the COA to see if you are eligible. Call the Assessor's for more information (978) 897-4597.



WELLNESS WEDNESDAYS

BLOOD PRESSURE CLINIC: Wednesday, February 2, 10 – 12 Noon. FREE. The Town Nurse will be available to take your Blood Pressure and answer any questions that you may have. This is always the 1st Wednesday of the month, so plan accordingly. Please call to make your appointment.

FLU SHOTS AVAILABLE: Wednesday, February 2, 10 – 12 Noon. If you missed getting your flu shot at the Stow Flu Clinic, the Town Nurse will be available during the Blood Pressure Clinic to give Flu Shots. **Make an appointment for the flu shot by January 31 Early Registration is available.**

HEARING CLINIC: Wednesday, February 2, 9:30 – 11:30 FREE Michael Drennan, Board Certified specialist from Roger's Hearing Solutions will provide Hearing evaluations. Please call COA to book an appointment. The deadline to schedule your appointment is Tuesday, February 1 by 12 Noon! This is always on the 1st Wednesday of the month, so plan accordingly.

PODIATRY CLINIC: Not available at Pompo at this time due to Covid. If in need, call Dr. Ayleen Gregorian, DPM at 978-501-7176.

WEIGHT LOSS SUPPORT GROUP

Let Valentine's Day Increase Your Love and Decrease Your Weight

Day & Time: Wed., Feb. 9, 12:15 – 1:15 **Cost:** Free **Limit:** 10

Sign up by: 2/7 Pre-registration and Masks required. NO refreshments

The Stow COA, with presenter Michael Matatia, is organizing a weight loss support group. We will review ways to lose weight through a change of habits and behaviors. We will also share with each other methods which have worked or not worked. This may be a single session or if the group wants, we can meet periodically to support each other in our weight loss or stabilization goals. Please join in... what do you have to lose... but a few pounds!

HAVE QUESTIONS ABOUT THE STOW CEMETERY?

Wednesday, February 16, 10 – 12 Noon (3rd Wednesday)

Robb "GH" Gledhill, Stow Cemetery Superintendent, is available at the Pompositticut Community Center to answer your Cemetery and Burial concerns. Schedule a private half hour consultation by calling the COA.

TOWN NURSE

Tamara Bedard, RN from Nashoba Associated Services is available Monday through Friday 8:30-4:30 by phone at 978-772-3335 X340. Also, a nurse will be available at the Blood Pressure Clinic on Wednesday, February 2, 2022.

BE A GOOD NEIGHBOR

If you know or live near a senior, consider checking in on them. If you are concerned or unable to reach them, the police can do a well-being check. Call us at (978) 897-1880 or the police if necessary at (978) 897-4545. Everyone benefits when we look out for each other.



ACTIVITIES FOR STOW SENIORS

EVENTS POLICY: Sign up opens the 1st of the month! If you plan to attend an event at the COA, you must:

- Pre-register (online at <https://myactivecenter.com/>, in-person or by calling the COA at 978-897-1880) before the sign-up deadline.
- If there is a cost, payment must be made prior to class. *If we do not have a minimum of 5 Stow attendees for the event, it will be cancelled.*
- Stow Residents only
- Masks required in the building
- No refreshments

OPEN ART STUDIO IS BACK!

Day & Time: Mondays, 9:30 – 12 Noon

Cost: Free **Must Pre-register. Limit:** 12

Want to create in a supportive fun environment? Bring your medium of choice to paint, sketch, charcoal, pastels... The COA is also looking to expand the program in 2022 by bringing in instructors from time to time to help you learn or expand your creativity and knowledge in various mediums.

PROJECTS FOR PURPOSE

Day & Time: Wednesdays, 9 – 12 Noon

Cost: Free **Must Pre-register. Limit:** 12

New group focused on creating items for individuals and organizations that are in need. Join us in January as we make infinity scarves and fleece blankets for Project Warm-Up, based in Stow, and Sleep in Heavenly Peace, Middlesex County. No prior skills required; all supplies provided. Each month we will explore and discuss groups to assist in future months.

VETERANS SOCIAL

Day & Time: 3rd Tuesday, February 15, 10 am

Cost: Free **Sign up by:** 2/11 **Limit:** 20

Meet other Veterans in a welcoming casual atmosphere. This event is open to Stow veterans of all ages.

ARMCHAIR TRAVEL

“Lockdown in the Caribbean- Sailing Martinique and Grenada”

Day & Time: Tues., February 15, 12:30 pm

Cost: Free **Sign up by:** 2/11 **Limit:** 12

"Skipper, you have 6 hours to get to Grenada before the country closes down." Come hear about Susan Tamker's sailing trip in Martinique and Grenada at the beginning of Covid and ultimately her being trapped on Grenada and waiting for an embassy-arranged flight home. See her slides of sailing from one Caribbean Island to another and hear her stories of what it's like to sail and her stay in Grenada until she could get a flight out.

If interested in sharing your travel photos, please contact Susan Tamker at stamker@comcast.net or 978-302-0456.

INTERESTED IN GENEALOGY?

Day & Time: 4th Tuesday, February 22, 1–3 pm

Cost: Free **Sign up by:** 2/18 **Limit:** 10

The genealogy group is open to everyone whether you are new or have been researching for years. Join us as we share advice and tips on researching.

MONTHLY MOVIE MATINEE

"Blithe Spirit"

Day & Time: 4th Thursday, February 24, 1 pm

Cost: Free **Sign up by:** 2/21 **Limit:** 20

Rating: PG-13 **2020 Comedy/Fantasy**

Length: 1 hour 36 minutes

A spiritualist medium holds a séance for a writer suffering from writer's block but accidentally summons the spirit of his deceased first wife which leads to an increasingly complex love triangle with his current wife of five years.

WINTER WEATHER POLICY

When the COA is closed due to inclement weather we will post on the Town website COA page (www.stow-ma.gov/council-aging). You will be notified if you have signed up for an event or scheduled a van ride.

SHINE (Serving Health Insurance Needs of Everyone)

Are you on Medicare or eligible for Medicare and have questions? If so, SHINE offers one-on-one counseling and assistance to people with Medicare and their families. The SHINE program provides unbiased, accurate, up-to-date information on health benefits, including Medicare A & B covered services, prescription drug options and Medigap insurance plans. Schedule your private consultation with our Shine Counselor who is at the COA on Mondays from 10:30 am – 12:30 pm. Book your appointment by calling (978) 897-1880.

MONTHLY SHINE ARTICLE

Question: Dental care is very important to me; do I have coverage through Medicare?

Answer: Medicare doesn't cover most dental care, dental procedures, or supplies, like cleanings, fillings, tooth extractions, dentures, dental plates, or other dental devices. Medicare Part A (Hospital Insurance) will pay for certain dental services performed in a hospital. Medicare Part A can pay an emergency or complicated dental procedure.

There are some other options for dental coverage. There are private plans available and dental school services that provide low-cost or no-cost dental care. Private plans can be very limited so good research into the benefits is important. Also, some Medicare Advantage Plans (Part C) offer extra benefits that Original Medicare doesn't cover - like vision, hearing, or dental. Contact the plan you are interested in for more information. It is good timing to investigate since Medicare Advantage Open Enrollment is now and ends March 31.

Should you need more help, call or go to the [MEDICARE.GOV](https://www.medicare.gov) website, or call the Stow COA for an appointment with the local SHINE volunteer counselor.

ARE YOU TURNING 65 THIS YEAR?

Contact your local SHINE counselor for assistance with enrolling in Medicare. Don't forget to allow plenty of time, start months before your birthday so that you know what you want before the deadline.

NEED DURABLE MEDICAL EQUIPMENT?

We have a variety of gently used equipment available to Stow residents on a first come, first served basis. To borrow (for short-term use only), return or donate, please call first (978-897-1880) to make arrangements.

WATCH OUT FOR BLACK ICE – STAY SAFE - SAND FOR SENIORS

Boy Scouts Troop 1 Stow will provide and deliver 5-gallon buckets of sand to Stow seniors' homes during the winter months to help prevent slips and falls. To receive a bucket or refill a bucket, please call 508-259-7966 or email: scoutmaster1stow@gmail.com (Please note that it is a sand/salt mixture).

FREE WORK OUT – EXERCISE CIRCUIT ROOM

Work on strength training on hydraulic machines to improve muscles and cardio. Open Mon-Fri. 8 am - 3:30 pm. If you have never used the equipment before, please contact Outreach to schedule a training with the Recreation Director, Laura Greenough, to learn how to safely use the exercise equipment.



WE NEED VOLUNTEERS!

Do you have some time to spare? Do you like helping others?

Please become a COA volunteer!



THIS MONTH'S HIGHLIGHT: **Marty Sheehan & Chet Jacobs**

Often Cupid strikes when one least expects it. Many thanks to this month's featured couple for sharing their happy story with us. Happy Valentine's Day to them and all of our Stow seniors!

How long have you lived in Stow?

Marty: It was 30 years in January that I bought my house. I came here from Texas with my two high-school aged children after splitting up with my husband. **Chet:** I tell everybody I was here all my life, but I wasn't. I was two! My mother remarried and we moved to Gleasondale. When I got out of the Navy, I moved into 455 Gleasondale Road and then when my wife and I got married we moved into 465. My in-laws sold us their house and we moved to 456. I've moved a mile in my whole life.

What is your connection to the COA?

Marty: As soon as I retired, I became a volunteer. I started out at the front desk. Then I got into scheduling the podiatry clinic. People used to donate books and they just sat on shelves driving me crazy. So, I became the "book person." **Chet:** When my wife died, I was bumming. Dave said to me, "I could use a driver." I interviewed with Alyson- six times! -for an on-call position. It was like a godsend, the perfect job for me. I am strongly considering joining the COA board as my next step.

What brought you two together?

Marty: I had gone to a ballroom dancing class before. I saw one was coming up, but it was couples only. I mentioned it at Meal Site one day. I said maybe next year it won't be couples only and I'll do it again. I was in the kitchen cleaning up and Chet came in and said something... **Chet:** I want to see how you remember it. **Marty:** This is how it was. He came in and said he could be my partner. I looked at this guy and was a little intimidated. But I said yes. **Chet:** I remember it slightly differently. **Marty:** He's wrong! **Chet:** I remember having read the newsletter and seeing ballroom dancing and thinking it would be fun. I walked into Meal Site and asked in my quiet little voice if anyone would like to dance with me. **Marty** said yes, I'll do that. **Marty:** He remembers it this way because he keeps telling people this story. **Chet:** Use her version.

What happened next?

Marty: We had gone dancing and were chatting on the way out. Chet said he was going to get something to eat. I said I was going home to watch the Red Sox. The next time it happened again. The third time he said, "Would you like to go out to eat?" And I said, "Oh! Okay!" He tells everyone I wouldn't go out with him because of the Red Sox! He hadn't asked before. **Chet:** We went to the Horseshoe Pub and sat having something to eat and talking for three hours. I thought maybe this is something. We went out a few more times. One day she said, "Why don't you come to my house, and we'll have supper there?" The rest is history, as they say. **Marty:** I think both of us realized this is what it's supposed to be like, being comfortable.

What qualities of the other do you most admire?

Chet: Her kindness, her love, her caring. She cares about everybody. **Marty:** He is the kindest person I've ever met. And he's so smart. He likes people. I am a bit of a loner. He doesn't let me do my loner thing. He doesn't let me shut down.

What are you looking forward to after the pandemic is over?

Chet: I want to go visit Marty's kids, get to know her family. And I want to bring her to Colorado to meet my friends there. We'll go to the Simple Man. It's a hole in the wall neighborhood bar in Clinton. It's quite wonderful.

Any advice for single seniors?

Marty: Get out of your comfort zone! **Chet:** I joined Match.com. I don't recommend people our age do that. The big thing is to get out, get involved in the community. If you decide you want something, go for it.

Final thoughts?

Marty: A few months before we got together, I remember thinking that the only regret I had was that I had never found that one person. I have found that person. **Chet:** It's been amazing. She's my kindred soul.

BLACK HISTORY IN STOW

By: Dorothy Spaulding, Historical Commission Chair

It may surprise you to find out that the Town of Stow has significant Black History.

There are stories about the underground railroad transporting slaves north through Stow with hiding places in cellars and tunnels between some of our older homes. Maybe you live in one of these older homes.

Stow Acres Country Club was previously a summer home for the Randalls. In 1926 Robert Hawkins, a Black man, established a 9-hole Golf course for Blacks, one of the first in the nation, called Mapledale Country Club. The golf course was laid out by Ralph Thomas of the Sandy Burr Golf Course in Wayland, Massachusetts. Mr. Hawkins had been a caddie in Vermont and Massachusetts as well as a manager at Sandy Burr Country Club. Beside the golf course Mapledale Country Club had tennis courts, a swimming pool, restaurant, and banquet hall. Dr. George Adams and Dr. Albert Harris of Washington, DC, helped organize the first National Black Golf Championships in 1926, 1927 and 1928 at Mapledale. In 1929 during the depression the championships began to move around the country. By the 1930s the playership here became mostly white.

Mr. Charles Cox became an owner followed by his nephew Marshall Cox taking over as manager followed by Mr. Honeywell, Major Collins, and Page brothers in 1954. The Page brothers acquired adjoining land and built a 36-hole golf course, which we know today as Stow Acres County Club.

SCAM ALERT from Stow Police Sgt. Cassie Scott **Love is in the air! Happy Valentine's Day!**

In 2020, the reported losses to romance scams reached a record \$304 million. The pandemic has been limiting our ability to meet in person, so more and more people are looking to online dating or friend finding applications/websites; romance scammers are taking advantage of this.

Romance scammers often generate a fake online identity to gain a victim's affection and trust. The scammer uses the illusion of a romantic or close relationship to manipulate the victim into sending them money. Those who carry out the romance scams are experts in what they do and will seem genuine, caring, and believable. Scammers will establish a relationship quickly and some may even propose. They may make plans to meet in person, but this will never happen. Eventually, they will ask for money. A lot of times, they will say they need money to get a phone card to keep chatting or claim it's for a medical emergency. Many times, their stories try to create a sense of urgency that pushes people to send money over and over again.

Tips for Avoiding Romance Scams:

- Never send money/gifts to someone you haven't met in person – even if they send you money first.
- Talk to someone you trust about the new friend. It can be easy to miss things that don't add up.
- Take it slowly. Ask questions and look for inconsistent answers.
- Try a reverse image search of the profile pictures. If they're associated with another name or details that don't match up, it's a scam.
- Beware if the individual seems too perfect – like we've said before, if it seems too good to be true, it probably is.
- Beware if the individual promises to meet in person but then always comes up with an excuse why they can't.

If you believe you have been a victim of a romance scam, please contact the Stow Police Department 978-897-4545. Learn more at ftc.gov/romancescams.

NEED HELP? THE STOW FOOD PANTRY IS HERE FOR YOU!

The Stow Food Pantry is holding their next Drive-Up Food Pantry on February 11-13. The Food Pantry will pre-package client orders and bring them to their cars at the clients' appointment times. The Stow Food Pantry will continue to work very hard during this time of uncertainty to serve any in need of services. They will keep our community safe by following CDC guidelines for COVID-19. *No referrals required. No financial questions asked.* If you are unable to make it to the Drive-Up Pantry, please contact them and they can probably work something out. If you need help, please call 978-897-4230 or email: stowfoodp@gmail.com.

ACTON FOOD PANTRY

The Acton Food Pantry serves Stow and is open 3 weeks/month. They are located at 235 Summer Rd # 205, Boxborough, Phone: (978) 635-9295.

OPEN TABLE, Maynard

Need food assistance? Open Table in Maynard offers drive-thru pantry service. To find out more about its current services, visit www.opentable.org or call (978) 369-2275.

**RECIPE OF THE MONTH
CHICKEN TETRAZZINI****Ingredients:**

¼ cup butter or margarine	½ teaspoon salt
¼ cup flour	¼ teaspoon pepper
1 cup chicken broth	1 cup whipping cream (or milk*)
2 cups cubed cooked chicken	7 oz. spaghetti, cooked and drained **
2 Tablespoons sherry	3 oz. sliced mushrooms, drained
½ cup Parmesan cheese, grated	

Instructions:

Melt butter in large saucepan over low heat. Blend in flour and seasonings. Cook over low heat stirring until mixture is smooth and bubbly. Remove from heat and stir in broth and cream (or milk*). Heat to boiling; stirring constantly. Boil and stir 1 minute. Stir in sherry, spaghetti, chicken and mushrooms.

Pour into ungreased 2-quart casserole dish. Sprinkle with cheese. Bake uncovered 30 minutes or until bubbly. To brown cheese place briefly under broiler.

* Milk can be used instead of whipping cream but sauce will be thinner.

** Cooked and drained spaghetti squash can be used instead of spaghetti.

Bake in 350 degree oven. Makes 6 servings.

SERVICES BEING OFFERED AS TAKE OUT ONLY! MEALS ON WHEELS

Are you unable to drive & cook or had a recent health set-back? You may be eligible for home-delivered meals. Call Minuteman Senior Services (888-222-6171) to set it up.

MINUTEMAN SENIOR SERVICES MEAL SITE MENU

The Silver Spoon - Stow's Eating Together Luncheon Site

Meals "To Go" are available on Tuesdays & Thursdays for pickup at 11:30 am at the Pompositticut Community Center. The suggested donation is \$2 for a complete meal. Please call 781-221-7048 to order your meal. Your order must be made by 12 pm on Thursday for Tuesday's lunch and 12 pm on Tuesday for Thursday's lunch.

Tuesday menu

February 1

French Meat Pie
Brussels Sprouts
Multigrain Bread
Dessert of the Day

February 8

Chicken Thighs with Cacciatore
Sauce, Tri-Color Rotini Pasta
Italian Vegetable Blend
Wheat Bread
Dessert of the Day

February 15

Scallops with Lemon Dill Sauce
Scalloped Potatoes, Broccoli
Multigrain Bread
Dessert of the Day

February 22

Chicken Breast with Apple
Berry Sauce
Mashed Sweet Potatoes
Cauliflower
Wheat Bread
Dessert of the Day

Thursday menu

February 3

White Chicken Chili over Brown Rice
Corn, Wheat Bread
Dessert of the Day

February 10

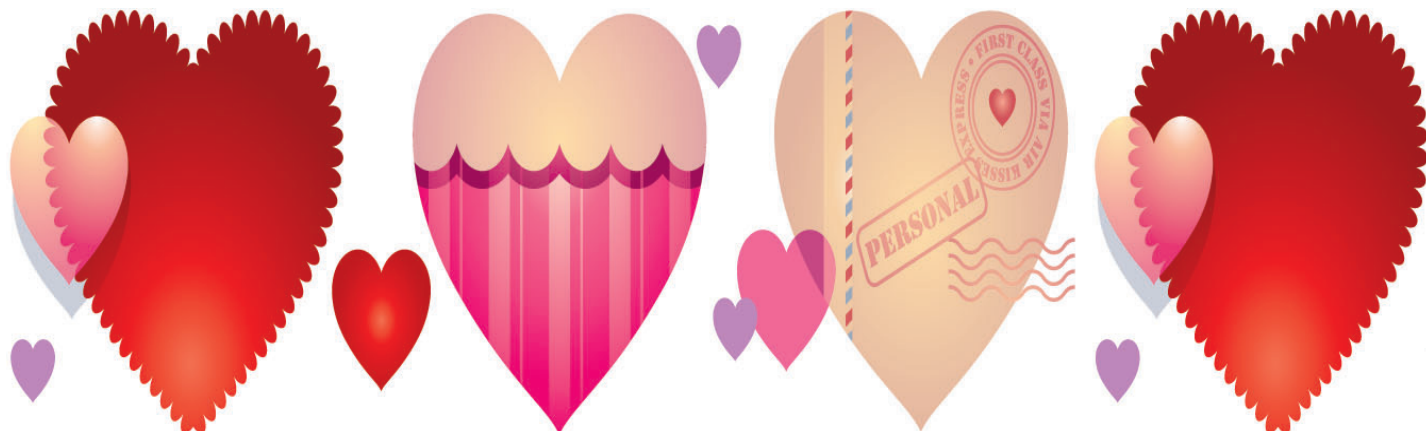
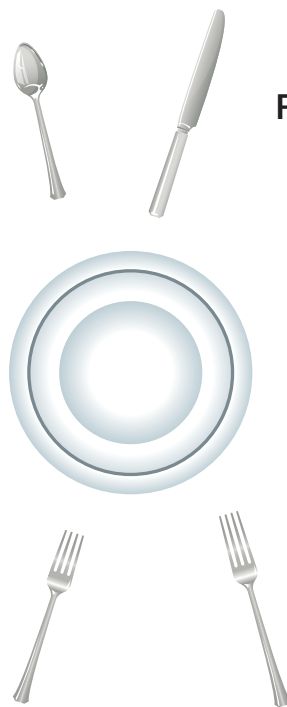
Roast Pork with Rosemary Gravy
Yukon Gold Potatoes
Brussels Sprouts
Multigrain Bread
Dessert of the Day

February 17 SPECIAL

Beef Tips with Bourbon Sauce
Smashed Red Potatoes
Creamed Spinach
Dinner Roll
Dessert of the Day

February 24

Diced Chicken with
Sweet and Sour Sauce
Vegetable Fried Rice
Asian Vegetable Blend
Wheat Bread
Dessert of the Day



ADDITIONAL TOWN SERVICES

COMMUNITY SERVICES COORDINATOR

Brian O'Sullivan, LICSW, is available to provide information, make referrals to various programs and agencies for all ages. Call 978-897-2638 or Email: townsocialworker@stow-ma.gov, Mon., Wed., Thurs., 9 am – 2 pm.

JOE JACOBS, VETERANS' AGENT AVAILABLE

Joe is at Pompositticut Community Center every Tues. 9-11. Call him at 978-290-0278 or e-mail veteransoffice@Stow-MA.gov. Don't forget the Veterans Social Hour, the 3rd Tues. of every month at 10 am.

NEWS FROM THE TOWN ASSESSOR'S OFFICE

Are you wondering why your taxes went up? Check out the following link to a webpage:

https://www.stow-ma.gov/sites/g/files/vyh1f1286/f/pages/why_valuation_change.pdf, which explains the different reasons assessments change.

Also check out the personal exemptions that you may qualify for. There is a table labeled Property Tax Relief for Qualified Stow Property Owners available at the Assessor's or Council on Aging office. Don't forget, the applications are due on April 1st.

NEWS FROM THE TOWN CLERK'S OFFICE

- 2022 Annual Street Listing/Census - The 2022 annual street listing/census was mailed to all households mid-January. Please promptly review, make changes, sign, and send back to our office in the envelope provided as soon as possible. *Your attention to this State mandated task is GREATLY appreciated!*
- 2022 DOG LICENSES
 - Online Application: <https://epay.cityhallsystems.com/>
 - Paper Application: Included in street listing/census mailing.

Office of the Town Clerk: 380 Great Road townclerk@stow-ma.gov 978-897-5034 www.stow-ma.gov

RANDALL LIBRARY NEWS

Randall Library hours starting January 25 are as follows:

Tuesday 9 am – 8 pm

Wednesday and Thursday 9 am – 5 pm

Friday 9 am – 2 pm

Saturday 9 am – 1 pm

Randall Library will also be collecting donations of new and used, good condition books for a book sale the Friends of the Library will be holding in the spring. Starting January 25th, drop off times are Tuesdays and Saturdays.

Join us **Thursday, January 27th at 7pm** for Jeff Belanger hosting his program: **The Devil in New England Program**. The Devil has made his presence known throughout New England. We've named dozens of locations after him, he plays a role in our religion and politics, and he's been blamed for countless problems and disasters. But who is he really? We'll explore the stories of where the devil has left his mark, hear the accounts of him showing up in courtrooms and debates, and see the influence he still has over our region through myths and legends.

Join us **Thursday, February 24th** for a presentation by Martin Gitlin entitled: **A Funny Program About Funny Programs**, based on his book titled *The Greatest Sitcoms of All Time*.

Contact the Library at 978-897-8572 or randalllibrary@gmail.com to receive a registration link.

ACTON'S THEATRE III IS BRIGHTENING THE WINTER WITH COMEDY!

For everyone who's never wanted to save the world! Puffs: Or Seven Increasingly Eventful Years at a **Certain School of Magic and Magic** at Theatre III, 250 Central St., West Acton.

Senior Dress Rehearsal Tuesday, Feb. 8, 7:30 pm; Tickets \$5 at the door. Regular run Feb. 11, 12, 17, and 18 at 8:00 pm and Feb. 13 at 2:00 pm. Senior tickets \$19. Note that the February 17 date is a THURSDAY.

FIRST PARISH CHURCH SUNDAY SERVICES FOR FEBRUARY

As of this writing, First Parish Church of Stow & Acton (FPC), Unitarian Universalist, plans to hold two services at 9 and 11 a.m. each Sunday in February. The 9 a.m. service will only take place in person, while the 11 a.m. service will take place both in person and online, with one exception. On Feb. 13, both services will be virtual and there will be no in-person option. To allow for social distancing, FPC is requiring advance requests to attend its services in person. To request a spot, visit fpc-stow-acton.org/services and find the link to the advance request form, which must be completed and submitted by noon on the Thursday before the service. You will receive an email notifying you if FPC has a space for you in that service. Masks must be worn.

For the virtual service at 11 a.m., a link will be posted along the left column at fpc-stow-acton.org within 24 hours of the service. To prevent disruptive intrusions, the virtual room will be locked about 15 minutes after the service begins. FPC apologizes for any inconvenience this causes. Because of the ever-changing level of risk from the Covid-19 pandemic, please be aware that plans for these services might change, including both the times and whether the services are held in person or virtually. Please visit fpc-stow-acton.org/services to view the most current information for the service you wish to attend. Thanks for your patience with this situation.

FPC warmly welcomes gay, lesbian, bisexual, and transgender people. For more information, call 978-897-8149 or visit fpc-stow-acton.org.

CLEMENTS BROTHERS VIRTUAL CONCERT AT NEW REVIVAL COFFEEHOUSE

Saturday, Feb. 5, 7:30pm, New Revival Coffeehouse

The New Revival Coffeehouse will present a streaming concert by The Clements Brothers, a brother duo singing tight harmonies in the tradition of the Everly or Osborne brothers. Identical twins Charles and George Clements are long-time veterans of The Lonely Heartstrings Band, a progressive bluegrass ensemble, now on hiatus, that toured the U.S. and around the world. Charles is a classically trained double bass player who graduated from the New England Conservatory and George is a guitarist and alum of Berklee College. They write what Charles calls "story-telling songs, with an intimate acoustic sound," and they perform a mix of original songs, covers and instrumentals. They are currently working on their first album as a duo. The concert will stream on YouTube live. The concert link will be posted on the New Revival Coffeehouse webpage at fpc-stow-acton.org/music/coffeehouse and at the New Revival Coffeehouse's Facebook page at it.ly/FacebookNRC. Concert attendees can donate to the artists via PayPal or by mailing a check payable to George Clements to First Parish Church, Attn: Treasurer, 353 Great Rd., Stow MA 01775. The suggested donation is \$20.

Harvard Lions Club Citrus Sale

It's that time of the year again to take advantage of the Harvard Lions club annual 'Citrus Fruit Sale', featuring fresh oranges and grapefruit direct from Florida – picked just days before delivery to Harvard. Treat your family to great fruit while at the same time benefiting Lions' charities and families in need!

Royal Ruby Red grapefruit -- *Sweet, thin-skinned and seedless, the flavor is reminiscent of refreshing red grapes and sweet nectarines.*

Valencia oranges -- *Delicate texture with sweet juice that quenches your thirst. Perfect for hand eating, sectioning, juicing or even freezing.*

Both will be available in 20 lb. boxes for \$35 each as well a 'mixed' 20 lb. box available for \$35. **You can pre order online NOW and have the fruit delivered to your home** by a Harvard Lion starting March 19. No need to be home for this "curbside drop off". Boxes will also be sold on a 'cash and carry' basis at the Harvard Town Center weekends of March 19 and 26. The fruit will be safely stored and refrigerated at Carlson's Orchards to maintain its freshness. To order online go to www.harvardlions.org. Any questions, please email harvardlionsfruitsale@gmail.com. Thank you for your support!



Tax Programs and Updates for Seniors

2021 income tax returns are due April 19, 2022 for those who are required to file them. Following is information and updates on programs and policies that may make the 2021 tax filing process easier for our seniors and their families.

Senior Circuit Breaker Tax Credit: Whether you rent or own your primary residence in Massachusetts, income-eligible seniors can receive meaningful relief on their property taxes with a credit based on your real estate tax bill. To see whether you meet the eligibility requirements, visit: <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>

Senior Property Tax Work-Off: There is another interesting pathway to tax relief for civic-minded seniors. The Property Tax Work Off program invites seniors to volunteer in their community in exchange for a break in their property taxes. This program is popular, so contact the Council on Aging (COA) to learn more about applying.

Additional Exemptions for Seniors: The Department of Revenue offers tax exemptions for residents aged 65 or older, as well as for blindness, medical and dental expenses and many government pensions. More information is available at: <https://www.mass.gov/doc/dor-tax-tips-for-seniors-and-retirees/download>

Property Tax Deferral: The senior property tax deferral program, known as **Clause 41A**, allows people 65 or over to defer their property taxes until their home is sold or conveyed. Contact the Town Assessor for information on eligibility and applying.

Publication 554: This is a booklet that explains all of the benefits available to seniors at the federal level and what the eligibilities are. You can download a copy of Publication 554 at <https://www.irs.gov/forms-pubs/about-publication-554>, or call Rep. Hogan's District Director Karen Freker at 617-722-2600(option #2) for a copy.

I hope you find this information and these resources helpful as you begin preparing for tax season. Please do not hesitate to contact my office or the COA if you need assistance taking advantage of some of these programs.

Kate Hogan, State Representative
Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

State House, Room 370, Boston, MA, 02133 / Phone: (617) 722-2600 / Kate.Hogan@mahouse.gov
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333
Facebook: www.facebook.com/RepKateHogan

Virtual office hours for constituents will be held February 18 from 1-2 pm and February 22 from 6-7 pm. Residents may meet with Rep. Hogan by appointment via Zoom or telephone. To schedule an appointment, please call (617) 722-2600 (option #2) to leave a voicemail or send email to Kate.Hogan@mahouse.gov. Please register for an appointment by 5 pm on February 16.

VOLUNTEER OPPORTUNITY

We would like to reach out to those of you who enjoy knitting, crocheting, working with wool or fleece and might like to join us in making handmade mittens for our 2022 Mitten Tree. The Mitten Tree will be on display the day of our annual craft fair (Sat. Nov. 5th.) All monies collected from the sale of the mittens go directly to SFCOA (Stow Friends of the Council on Aging, 501(c)(3).) Unsold mittens after the sale will be donated to the following: Warm Hearts of Stow & Project Warm-Up of Stow. **This is how easy it is to become a volunteer and support your community at the same time. Make ONE** pair of handmade mittens. Any size Appreciated. Drop the mittens off at Stow COA 509 Great Rd., Stow. Please leave mittens with the receptionist and label them with the following information: Susan Rondeau/Mitten Tree Donation.

Optional: Invite someone you know to make a pair of mittens too.

Optional: Your choice if you would like to include your name with the mittens.

Optional: Come to the fair and see for yourself how one pair of mittens can make a difference.

SALE TABLE

Be sure to check out our **SALE** table located just outside of the gift shop. We have a variety of items for sale and discount prices that can't be beat.

UPDATES ON 2022 FUNDRAISERS

NOTE: Donations for Second Chance Holiday Decoration Sale are on **HOLD** until further notice.

DONATIONS FOR GIFT SHOP AND CRAFT CLASS

Please call Susan Rondeau first before dropping (craft/gift shop) donations off at the COA. We want to make sure that the items you would like to share can be put to good use. [countrypickns@yahoo.com/](mailto:countrypickns@yahoo.com) (978) 897-5338

CURRENT CRAFT DONATION REQUESTS:

New Yarn (baby yarn, 4-ply yarn, cotton yarn & wool yarn) and Polyester Stuffing. **Gift Cards** for Michael's Craft Store, JoAnn's Craft Store, and Hobby Lobby Craft Store will help defray the cost of supplies for items we make for the gift shop and future sales. **NOTE:** Please leave gift card donations with receptionist and ask that she place the card in Susan's mailbox located in the office. Thank You!

CURRENT GIFT SHOP DONATION REQUESTS

Handmade Gifts (please contact Susan Rondeau to discuss possibilities) **NOTE:** Please leave gift card with receptionist and ask that she place the card in Susan's mailbox located in the office. Thank You.

GIFT SHOP NEWS: Open Monday – Friday from 8-3:30. Check or cash transactions only. Shopping local is convenient, and you support Stow Friends of the Council on Aging at the same time. The senior community benefits from all sales. See page 16 for a partial list of our newest offerings. New items are added weekly.

March Newsletter

Deadline To Submit: Wednesday, February 9TH By 3 PM

This newsletter is made possible in conjunction with the COA staff and their volunteers, SFCOA and Advertisers of this newsletter.



DONATIONS RECEIVED:**General:** Dymphna Norton, Fisher Associates

Kathy O'Brien, William Byron, Constance Simone, Valerie Pederson, Serena Furman & Peter Christianson, Stow Lions Club, Elliot Quill, Nancy Remier, Jerome Ruzicka, and Rachel Richards.

In Memory of Penny Garsik: Karen Kanter, Carol Straney, Mr. & Mrs. Michael Styckiewicz, Janice Nolfi, Noelle Aylward, William Byron, Bob & Dee Glorioso, Susan Faasse, Joanne Petito, Cheryl MacPhee, Darci Mickus and Ruth Delmonico.**In Memory of Steve Dungan:**
Pamela Weathers**In Memory of Anna Cohen:**
Lou & Laura Orsatti**Honoring Lew Halprin:** David Gray
Thank you for your continued support!**COA GIFT SHOP****509 Great Rd., Stow, MA****Monday – Friday 8 am - 3:30 pm****Have Questions? Call: Susan Rondeau****(978) 897-5338 or****email: countrypickns@yahoo.com****NEW ARRIVALS IN THE SHOP**

Hand painted aprons and a variety of knitting (circular and straight) needles and assorted yarn. Wait until you see the discount prices. (Supplies limited), Book Buddy Pillows (Pillow with a pocket to tuck a favorite book in. Perfect gift idea). Notice: We have fewer than 12 STOW

blankets left in our inventory. Designs are posted on our SFCOA website. Please check with receptionist for availability of each design.

BOOKS MAKE GREAT GIFTS!**PAST TENSE – VOLUME 1 & 2****NOTE: Volume 3 arriving soon.** (No date available just yet). More stories about Stow's History – Gathered by Lewis Halprin and generously donated to the COA. Cost: \$10. (All proceeds go to the SFCOA).**"Celebrating Stow's Women, in 1920
and the 19th Amendment"**Written by: Marilyn Taylor Zavorski, President of the Stow Historical society. This is their stories, which was not recorded in Stow's Town History. This limited-edition color printed book is available for purchase in the COA Gift Shop. **Cost: \$20.** (All proceeds go to Stow Historical Society).**GIFT SHOP PAYMENT OPTIONS:**

Cash or Checks made out to "SFCOA"

**VISIT OUR FACEBOOK PAGE AND/OR
WEBSITE: click on the Gift Shop Tab****Facebook:** Stow Friends of the Council on Aging**Website:** <https://stowfriendsofthecoa.com>**SFCOA BOARD MEMBERS**

Rita DiStefano-French, <i>President</i>	Grace DeMore
Louise Peacock, <i>Vice President</i>	Leslie Mileski
Werner Fritz, <i>Treasurer</i>	John Peacock
Robin Ulichney, <i>Clerk</i>	John "JT" Toole
Kirsten Berg-Sonne	

Thank you to Betty French for her many years of service on the SFCOA Board.
We greatly appreciated it!**STOW FRIENDS OF THE COUNCIL ON AGING**

Would you like to support the Stow Council on Aging? Now is your chance.

NAME: _____ DATE: _____

ADDRESS: _____

☐ \$10 ☐ \$20 ☐ \$25 Other Amount: _____

☐ General ☐ In Memory Of _____ ☐ Other

PLEASE MAKE CHECKS PAYABLE TO: SFCOA
MAIL TO: P.O. BOX 97, STOW, MA 01775
THANK YOU FOR YOUR SUPPORT